













Summary



July 1996, an OAC student at Minnesota State College and National Student Union took notice for his role in the fight against issues of American flagpole burning. First Aid Design created this logo entirely in the college's laboratory. The logo from Minnesota College appears on the web site [www.mnstate.edu/~oac](http://www.mnstate.edu/~oac) and on Minnesota State College and National Student Union's website.

handmade wood work



Get the lock, then get the var

**HEPATITIS B VACCINE  
CLINIC**

Wed. Nov. 17  
 & Tues. Nov. 18

9:00am - 4:00pm  
The Blue Cafe

Only \$20/shot - \$60 for the series of 3 shots.  
The shots are covered under the OSA  
Prescription Drug Plan for \$4/shot.

TONY LEE  
XXX

Dinner Show  
In the Sanctuary



Tues. Nov. 2

**Tickets on Sale Oct. 18** **\$10.00**  
In the PSA office

## All you can eat spaghetti dinner

**Warning:** Not suitable for easily offended people. Strong core language and hardcore humour used throughout.

### STUDENT SERVICES WORKSHOPS

THE ITLA-STRING WORKSHOPS DO NOT REQUIRE ANY SIGN UP.

TOPIC	DATE	TIME	ROOM
THE CHAIRMAN'S PRESENTATION	MON NOV 1 THURS NOV 4	11:30-12:30 12:30-1:30	TAAG B017
GRASS/ROCKWATER	MON NOV 11	1:30-3:00	B041
GRASS/ROCK FIELD STAGE	MON NOV 18 THURS NOV 21 MON DEC 2	11:30-12:30 12:30-1:30 12:30-1:30	TAAG B017 B041

THE FOLLOWING WILL BE CONDUCTED IN A DISCUSSION  
AND NETWORKING FORMAT IF YOU HAVE ANY QUESTIONS,  
PLEASE COME TO STUDENT SERVICES

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[illegible]

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**Abstracts:** 1 volume. Mathematics and Statistics. Harvard and Stanford Libraries. For more information:







Above: Brian Spence is sporting a charcoal gray puffy down-lined bomber jacket by D&B Bros.

# 'TIS THE SEASON TO BE STYLIN'



Below: Anthony Sigurd, senior, just assembled, is wearing a silver metal two-piece coat and hat. Jeff Hulse is in a Tommy Hilgner puffy down jacket. Brian Spence is wearing a two-piece bomber jacket.



The right: Brian Spence, first-year engineering technology, is wearing a two-piece black suit jacket.

Left: Katie Henshaw, third-year business marketing, is wearing a Tommy Hilgner hat, a Tommy Hilgner hat, the vest, Manager Hilgner, gold, jeans, and Southern Nylon boots. While Brian Spence sports a puffy down jacket, a two-piece bomber jacket, and a black down jacket.



## COUNSELLOR'S CORNER: Anxiety

Everyone experiences anxiety at some time. A little anxiety can drive interest and motivation. Common symptoms that trigger anxiety are worry, public speaking and performance anxiety at school, work or placement. When anxiety causes the fear that anxiety is distressing, driving, interfering with test performance or particular activities or when going presentations, it becomes a disorder. The good news is that many strategies are available to reduce physical symptoms (such as racing heart, shallow breathing, sweating palms, dizziness) and negative symptoms (such as thoughts negative self talk, sense of dread).

These strategies can be learned and practiced (the key) is a matter of repetition.

1) Make an appointment with a professional to learn an anxiety reduction program.

2) Join a Test Anxiety Group (offered fall and winter semesters through Student Services).

3) Join a Public Speaking Anxiety Group (offered winter semester through Student Services).

4) enroll in the Anxiety and Personal Performance class for the winter semester (sign up this fall in Student Services).

5) participate in Anxiety & Stress Management (Personal).

6) Consider taking a leadership course.

Anxiety is a common condition. Anxiety is a common condition. Anxiety is a common condition. Anxiety is a common condition. Anxiety is a common condition.

A Message from Student Services (Spring 2000)





Is your  
class  
represented?

## Class Rep Meetings

3:30pm

Tues. November 2

And

Thurs. November 4



## Remembrance Day Service

In the Sanctuary

Thurs. Nov. 11



### Volunteers Needed

See Steve in  
The DSA office

## Wescast Industries

will be holding an  
on-campus recruitment session

Wednesday, November 3, 1993

In Room 2A301

3:00 - 4:30 p.m.

of interest to Engineering and  
Business students

## Children's Wish Tree

Conestoga College students who  
are experiencing financial difficulties  
can register their child to receive a  
donated gift.



Register in confidence at the DSA office



# Student Life

## Management students to get designation

By Jennifer Duvall

Two in five, that's all. That's what students in the management studies program will be getting after a recent change to the program allows them to graduate with a diploma and a professional designation.

The designation is an opportunity for students to enhance their qualifications by meeting the standards requirements in some of the Canadian Institute of Management professional management certifications.

New students graduating from the management studies program at Centennial College are entitled to use CIM, which stands for Certified in Management, following their name to represent their professionally acquired certification.

It is a highly respected course, a good way to have an endorsement from the business world," said Jay Minard, a management studies faculty member. "The CIM is a great business course credential, in an efficient way the requirements and to receive the diploma is valuable."

Students eligible for the designation are students that pass the CIM certification test to become a recognized member of the association. Students must commit complete members for the three years they are studying at Centennial and

achieve a B average in the required courses.

The right courses the students require is qualify for the CIM designation are designed to meet CIM's designation programs. They are already in place at Centennial and have been in several years.

The opportunity to use the designation is a valuable decision by CIM to approve the first run of the right studies students for the designation.

From the first, the professional

**"The caliber of our teaching and the quality of our credits are being recognized by CIM"**

By Minard, management studies faculty

students completed six of the eight courses necessary to gain management studies status at Centennial.

After graduation students were required the designation was required to take the other two courses required for the designation through continuing education or additional college and university courses. Students were eventually receiving

ing the remaining two required courses but at a higher level when they took steps through continuing education, said Minard.

"The caliber of our teaching and the quality of our credits are being recognized by CIM," said Minard.

Since Minard is a first-year management studies student, said the will be signing up as a student eligible to take advantage of the opportunity.

"As a student with a designation is wonderful. It's helping. It will give me a big head and get my thing in the door (of personal development)," said Minard. "There's a lot of competition out there and anything that will make me a more vibrant person at a level."

Minard said paying for the designation was valuable, but the decision by CIM to approve the first run students at his last school.

"The decision to receive the designation instead of attending university might I would have said to be a decision," said Minard. "I am making a decision to make this decision myself."

After graduation students who were in apply for the designation was required to submit their own transcripts and letters of support to CIM. Minard said he kept working hard to get the full view of the designation by the end of June 2000.



Jay Minard is a faculty member of the management studies program. Jayminard has been awarded from the Canadian Institute of Management for receiving the highest number of student citations in the management studies program.

(Photo by Jennifer Duvall)

## Nursing students hold fair for Grade 7 students

By Tishia Matheson

About 20 Centennial College nursing students presented a health fair at Laurier Heights Intermediate, Waterloo, Oct. 31.

Approximately 120 Grade 7 students attended the health fair at their school and received free health checks for vision, blood pressure, cholesterol, and weight. The fair was held from 11:00 a.m. to 2:00 p.m. at Laurier Heights.

Steve Riedel and Sharon Thompson helped coordinate the event in April.

The co-ordinator said the fair was a success and a great first for the

presentation and the students received their copies of the registration of the fair on the same day.

The health fair is a community program for the nursing students.

The fair provided an excellent opportunity for the nursing students to gain experience in the field of nursing. The students received feedback from the community and the nursing students.

The nursing students provided a great service to the Laurier Heights community and the nursing students.

For example, students played the game "Healthy Food" at the health fair.

The nursing students held two days of health fairs at Laurier Heights. The students received feedback from the community and the nursing students.

The nursing students provided a great service to the Laurier Heights community and the nursing students.

## International students take a ride to the Falls

By Jennifer Duvall

They are here to have fun, said the students who took a trip to the Falls on Oct. 31.

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## MULTICULTURAL STUDENT SUPPORT GROUP

Would you like to:

- Meet new people?
- Learn more about Canadian culture?
- Share information about your own culture?
- Discuss issues related to being in a new country?



Sign up at Student Services (Room 3612) for one of the following group times. Future group meeting times will be decided after the first session.

WEDNESDAY, NOV. 3 9:30 - 10:30 A.M.  
THURSDAY, NOV. 11 9:30 - 4:30 P.M.

Facilitator: Lynn Robinson and Sharon Duvall, Student Services

"It was like this"

One of the students said

"It was like this" One of the students said "It was like this" One of the students said

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# Condors finish majestic season

By Angela Clayfield

Condors' season came to a close last night as the regular season ended with a 5-5 record. The team had a record of 17-14-1 in the regular season.

Even though it was a loss, the Condors' fans already started their plans for the season's end. The Condors' fans already started their plans for the season's end. The Condors' fans already started their plans for the season's end.

The team's record for the season was 17-14-1.

of the season. He said, "It's a great season, but I'm not sure if we can win the championship with a 5-5 record. We'll see what happens."

Condors' fans also planned that he was able to see every player in the field for a first-hand look at the team.

He also said that he was very proud of the team's record for the season.

Condors' fans also planned that he was able to see every player in the field for a first-hand look at the team.

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Here's looking at you!



Angela Clayfield, a staff writer for the newspaper, is looking at you! She is looking at you! She is looking at you!

## Because Some Phases Don't Last!



**CASH ON CREDIT**

**The Beat Goes On**

Call for more information: 1-800-368-3688

Call for more information: 1-800-368-3688

Call for more information: 1-800-368-3688

SPRINGFIELD • OXFORD • BOSTON

## Sports roundup:

### Soccer and softball seasons end and hockey off to a great start

By Michael Hartung

Condors' season came to a close last night as the regular season ended with a 5-5 record.

#### Softball

Condors' season came to a close last night as the regular season ended with a 5-5 record.

The team's record for the season was 17-14-1.

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#### Soccer

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# Buffalo Bills Bus Trip

Vs. New England



Sign up in the Office

## Tickets \$55

includes coachline transportation

9:00am departure from Door 4

Permitted one guest

